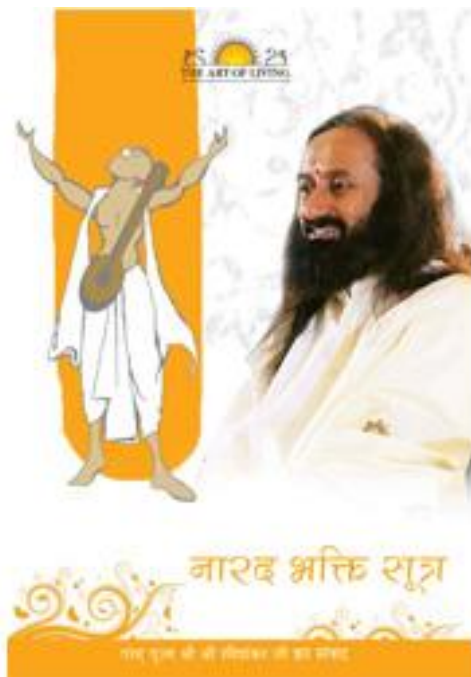




**SUMMARY KEY POINTS FROM DISCOURSE OF NARAD
BHAKTI SUTRAS BY H.H. SRI SRI RAVISHANKARJI – 12
VIDEO SESSIONS / (4 DVD's) COVERED**

The forever treasure

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Day 1

- 1) **Attachment for WHAT YOU HAVE is LOVE but attachment for WHAT YOU DON'T HAVE is SORROW**
- 2) Now, what could be the reason that you generally attach towards something that YOU DON'T HAVE??

Answer) by **listening** something from somewhere.

- 3) **स्त्री-धना-नास्तिका-वैरी-चरित्रां ना श्रवणीयाँ** - Stories of description of women, wealth, atheists or enemy should not be listened to.
- 4) Try this experiment: - If you think of someone who is dear to you, a wave of happiness will arise in you, if you think of someone whom you envy; a wave of anger will arise in you. It's all on listening.
- 5) The way you think, you become like that.
- 6) Do not listen to someone who is grumbling all the time.
- 7) Thus all pornography materials or wealth or greed results into envy at last.
- 8) Even listening to atheist will subvert your consciousness.
- 9) But it also doesn't mean that you close your eyes all the time and do not see happenings around you. NO.

You witness the motion-picture.

- 10) **अभिमानदंभादीकम त्यजयाँ** - Also do not decline yourself into ego and showmanship.
- 11) Considering yourself superior to all is one kind of EGO and considering yourself useless is also another kind of EGO.
- 12) Trying to get people's attention is a kind of EGO but It doesn't mean that you shouldn't wear well dress; but do not engage in it all the time to catch others attention.
- 13) Why to worry on: WHO IS SAYING WHAT ON YOU?

Day 2

- 1) The **purest form of love** is called **DEVOTION**
- 2) Surrender all your good and bad karma to master for which he is like a **river to carry everything**.
- 3) Ego cannot stand by when guru comes in your life. You can surrender everything to him.
- 4) If you want to be angry, be angry on one who is enlighten (or master). If you want to be proud of, proud of the master you have. If you want to acquire something, desire for guru.
- 5) Attachment towards enlighten ones brings **Bhakti** in life and attachment towards others brings **Bondage** in life.
- 6) त्रिरूपा-भङ्ग-पूरवाकम नित्या-दस्या-नित्या-काँटा-भजानात्मकाम प्रेमा कार्याम प्रेमइवा कार्याम - Bhakti towards enlighten person should be in both form "friendliness" and "discipleship"
- 7) भक्ता एकंतिनो मुख्याः - Bhakti needs one single goal [one goal towards eternal]
- 8) Sweet tears of joy flow for no reason when you rise in love (or Bhakti).
- 9) पावायंती कुलनी परथिविम का – Bhakta wherever goes purify surroundings, even yielding of good karma goes to his ancestor as well.
- 10) तीर्थी-कुर्वती तीर्थनी सू-कर्म-कुर्वती कर्मनी सँक-चस्त्री-कुर्वती ससत्रानी - Wherever Bhakta goes, the place becomes tirth (pilgrim). Whatever deeds they do always becomes beneficial for others.
- 11) *Do not go to find God, if you get Bhakta. Do not go to find Bhakta because you yourself are a Bhakta. Thus do not go to find God because you yourself are a God.*

Day 3

- 1) Bhakti is the highest expression of love.
- 2) Devata means "**shukshma sharir**". The inner consciousness.
- 3) Where does the soul of person go when he/she suddenly passes away?? The soul then proceeds to other worlds....like "suksham jagat", "devata jagat", "gandharva jagat", "yaksha jagat".
- 4) Our consciousness can reach to all these dimensions of world.
- 5) मोदंते पितरो नृत्यांती देवतः सा-नाता सेयाम भूर भावती – Thus when someone passes away we do satsang to their place because the wave of satsang also reaches to '**pitru-loka**' and rejoice soul residing there.
- 6) When earth receives the Bhakta, earth conveys its happiness in real because it receives the real owner of the world, the one having **authority**. When bhakta walks, the walk is considered as a walk of lord himself.
- 7) नास्ति तेषु जाती-विद्या-रूपा-कूला-धना-क्रियादी-भेदा - A bhakta cannot be distinguished between cast/ creed, educated/uneducated, poor/wealthy.
- 8) वादो नवालंबयाह - Thus knowing this do not debate on the class of bhakta.

Day 4

- 1) Bhakti itself signifies your **present state of mind**
- 2) The superior kind of lucky ones are those **whose desire gets fulfilled before want arise in their mind.**
- 3) The second kind of lucky ones are those **whose desire gets fulfilled after want arise in their mind.**
- 4) The third kind of lucky ones are those **whose desire gets fulfilled but after a prolong period of time and hard work, but still they don't satisfy with what whatever they have.**
- 5) The unlucky ones are those in whom there is only **feverishness and none of them gets fulfilled.**
- 6) When there is no feverishness at all, there cannot be sorrow or dejection.
- 7) We either hold on to past or future, but there is something beautiful in present. **That present moment is called Bhakti.**
- 8) Too much of feverishness brings grumbling along with it. Then either you become angry on others or on yourself.
- 9) True sign of bhakti is neither to become too much happy and lose your present state of mind nor to become too much feverish or totally dejected. This is really contradictory in nature. But this needs deep understanding. **When you remain stable even in happiness and in sadness then your mind becomes conscious.**
- 10) The logical mind then dissolves through bhakti and mind becomes calm.
- 11) To believe is easy but to know is really difficult.
- 12) **It is not the soul inside body; it is the body inside soul.**

Day 5

- 1) The want of happiness makes you dull, because anyway ultimately **happiness is your very nature**. How can you run behind which is your own very nature and which is with you already. You just have to be empty to experience it. When you sacrifice your desire it will automatically get fulfill in no time.
- 2) Narada then says: In Bhakti you have to follow path of **non-violence** and **truth**.
- 3) ***When you start your journey from head to heart then worry loosens its grip on you because worry is always in mind and not in heart. Then Bhakti prevails in heart.***
- 4) Through bhajan and kirtan(music); our thousand years old consciousness gets rejuvenated.
- 5) **त्रि-सत्यस्या भक्तीर एवा गरियासी भक्तीर एवा गरियासी** – There are three pillars of truth [gyan, karma and **bhakti**]. Out of these, path of **bhakti** is considered to be the superior of all.
- 6) Without devotion if you do any work it will surely fail because you are not involved 100% in it.
- 7) In fact the result of other two path [Gyan and Karma] is Bhakti. **Thus Bhakti path is considered to be superior of all.**
- 8) Bhakti doesn't mean you go to temple or any pilgrimage just to bow your head. Bhakti has to come from within. When that wave of love and joy occupies each and every cell of body is called Bhakti.
- 9) Analyzing word BHAKTI [BHA – KA – TA – EE]. “Bha” – means enrichment. “Ka” means that which provides happiness. “Ta” means that which uplifts you. “Ee” means that which energize you. Thus Bhakti is that which nurtures you from every corner.
- 10) Surrender is not any process to do. It is your very nature. What you have that you will surrender!! Everything belongs to almighty.
- 11) The stiffness inside you does not allow you to go deep inside meditation, be happy, and to celebrate. You melt, become serene and know that you are nothing then you will win the world.

Day 6

- 1) There is a beauty in consciousness.
- 2) When you praise others, it's your consciousness that ramps up. You try this: Just quench on others negativity and measure your consciousness, you will feel dull.
- 3) It's for your sake to praise others and not for them on whom you are doing; this is called "**Devi guna**".
- 4) The world is comprise of "**name**" and "**form**" which belongs to one almighty...You praise any it will go to only one.
- 5) Mostly we believe that praising "form" brings attachment, but it's not true. When you do not respect "form" - **kama-vasana comes into you**. But when you respect "form" **you won't feel like acquiring it**.
- 6) *There is feeling of surrender in respecting "form".*
- 7) *When you want to acquire the beauty, it loses its importance because there energy gets transformed into desire.*
- 8) It's the consciousness that makes the "form" beautiful. If consciousness is absent the body will become dead.
- 9) Puja means - you redo the same thing again and again which brings joy of happiness in you.
- 10) Our Puja has lost its importance. We do Puja by considering Vault and desiring good bank balance. About 80% of people do Diwali puja only for the sake of material benefit. It's not bad to ask for material welfare but there is even **more wealth inside you, you search for it**.
- 11) *You become grateful for what you have, that is the biggest Puja of all.*

Day 7

- 1) *It is natural to become happy when happiness comes in life, but do not entangle by its charm. Similarly it is natural to become sad when sadness comes in life but do not lament on it continuously*
- 2) Pain disappears when you sacrifice
- 3) When you sacrifice happiness; it will grow more. Similarly when you sacrifice sorrow; it will surely disappear.
- 4) Many people gets use to sorrow in such a way that they feel happy being sad. For example: If doctor denies any disease in you, you won't believe. You will go to some other doctor for confirmation of disease. This is how human tendency works.
- 5) You would then say "Oh, Gururji it's easy for you to do all these things and leave desire behind, but it might not be possible for us who are living worldly life"; I tell you do not even desire to leave desire behind, because it's again a new desire then. There can be only solution to this. When any desire arises in your mind surrender that as well and become free.
- 6) Your desire will surely get fulfill, when you leave it behind.
- 7) Many people spend 10-12 hours in meditation and force their body to act accordingly and then they become unmanageable. They become "Hanuman" thinking they are the Lord of universe. It should not be like that. Slowly-Slowly you turn your body inward. Have patience.
- 8) When you are given any technique (kriya) or solution then you are also given rules and principles to follow it. And then wait for right time to come.
- 9) Patience kills stiffness.
- 10) When someone is sad, he/she is actually sad because the surroundings have negative energy. When any happy person passes by he/she purify the energy and make surrounding happy.

Day 8

- 1) You are made up of substance called love.
- 2) We praise almighty either because of **fear** or **greed** we carry in mind.
- 3) *A “Bhakt”(devotee) is one who does not worry about future, because there is feeling of oneness with divine.*
- 4) A love cannot happen when you consider divine as some other personality different from you.
- 5) When you cannot love yourself then how can you give love to others and when you cannot love others how you can expect love from others?
- 6) You might not be discovering love in yourself because of **guilt inside you**. Then it is said that you **surrender** everything to divine.
- 7) You should very much give love to others even to those who do not love you. You acquire that maturity in yourself and walk accepting everyone around you.
- 8) A person is unhappy because he/she seeks love from others. How can you seek love from others when you yourself are made up of substance called love!
- 9) *The expression of love can be uncommon from others because of their own distressed mind. Thus it's your job then to give them infinite love.*
- 10) We literally use divine for our greedy purpose. We have transformed our **GOAL** into **INSTRUMENT** of enjoyment; this cannot be called a Bhakti. If we will give quality time to divine, the same will be returned as well.
- 11) There has to be some rules and regulations to be followed in society in spite of knowing love is unconditional. Knowing that you are love you have to respect conventions given in Shastra.
- 12) You care for others and respect everyone :)

Day 9

- 1) Love is the demand of Life as well Love is the cause of all misery. If the love is attached to person then it is called “मोहा”. If the love is attached to object then it is called “लोभा”. If the love is attached to situation then it is called “मदा”. If the love is attached to you then it is called “ईर्ष्या”
- 2) The definitions of love have kept changing right from childhood. When we were kid we were crazy about toys, then slowly we grew up and we started seeking life partner and again that love transformed into a love towards kids when we became old.
- 3) You cannot explain the definition of love to everyone like you cannot explain the scenery to blind or music to deaf. **One has to attain that maturity to grasp it.**
- 4) Whatever we know about love is just the rough idea of it, but we never tried to access the source of it.
- 5) Then Narad Maharshi says: ***“Yes this is the right time to explain you about ‘Bhakti’, when you have experienced all kind of love and you have gained nothing from any of them then its right time to know the purest form of love”***
- 6) The purest form of love is called Bhakti
- 7) Now question is what will you gain from Bhakti?? Then Narad Maharshi says when one knows “Bhakti”, **then person becomes complete and his thirst for ultimate finishes.**

Day 10

- 1) *It is the knowledge that makes you rich from heart and it is the same knowledge that makes you hapless*
- 2) Knowledge when realized brings richness to heart, but indigestion of knowledge brings **egotism** and makes you **poor**.
- 3) Stiffness in you signifies ignorance.
- 4) *Just imagine yourself from the space, who are you? You are not even to the size of insect. Then where is your EGO?*
- 5) A wise man can never be egoistic and egoistic can never be lover.
- 6) Then Narad Maharshi says, what can be the way to shun ego? He says through **Sadhana** and **Yoga**.
- 7) It is the same energy in you that translates into different form at different areas (chakras).
- 8) It's one consciousness that reproduce itself as **happiness/stiffness** at "**Muladhara chakra**"
- 9) Its one consciousness that reproduce itself as **sexual energy/creative energy** at "**Svadisthan chakra**" (for example: when you have some work or deadline to complete then sex doesn't bother you)
- 10) That same consciousness reproduces itself in four forms as **jealousy/generosity/greed/satisfaction** at "**Manipur chakra**" (for example: when you feel jealousy/happiness then you feel something in your tummy)
- 11) That same consciousness when reaches at heart chakra "**Anahata chakra**" reproduce itself in three forms "**love/envy/fear**" (for example when you fear of; something happens in your heart)
- 12) That same consciousness at "**throat chakra**" reproduces as **gratitude/sorrow** (for example when you are happy or sad while crying your throat feels some sensation)
- 13) That same consciousness between two eyes reproduces itself as **awareness/anger** (for example we say when Lord Shiva opened his third eye everything burnt off)

14) That same consciousness at “**Sahasrara chakra**” reproduces itself in the form of eternal happiness.

15) This is what we call Kundalini Shakti. Kund means “pot”. Our body is like a pot that has infinite energy in it.

16) And when this Kundalini shakti wakes up??? Only when you uplift yourself from small things like greed, jealousy, cravings. Then energy is directed up where there is only happiness and nothing else.

Day 11

- 1) There is no difference between **God, Guru and Self**
- 2) Too much of sleep, unrest, eating or lethargy is unfit for meditation and to relax. Take the midway and remain aware about your body, mind and surroundings at the same time give yourself enough space and relax.
- 3) ***Prayer cannot happen once in a year. Prayer has to happen continuously***
- 4) There can be different ways to express love but the emotion behind everything is same. See equality in all
- 5) How the invention of aircraft, computer, and technologies happened? There is only consciousness behind everything. Thus to know the source and to praise it should be our goal.
- 6) It doesn't matter to whom you praise, even if you are praising flower it goes to only one. The Divine.
- 7) Thus it said that there is no difference between God, Guru and Self.
- 8) ***But this awareness and understanding only comes when you come under the shade of master. The grace of master makes one capable.***
- 9) Even when one is incapable of Bhakti. **A master's presence makes him capable.**
- 10) Without the grace of master; your vision cannot change, nor your life can transform neither you can be free from bondage.
- 11) **To have master in your life is a matter of luck.**
- 12) Sadhana transforms your wall like inner vision into transparent like glass
- 13) **प्रेम गली अति साकरी ,ता मे दो ना समाये** – When you rise in love duality diminishes.

Day 12

- 1) There has to be longing in love only then it becomes supreme
- 2) You become parent to divine. When you see divine as father or mother you desire for something, but when you see divine as your child then you start nurturing and thus the same divine quality is also nurtured in you.
- 3) If an illusion comes that you **own your mind, body, intelligence or emotions** then you surrender it.
- 4) ***The more you burn in longing, the more you shine like gold.***
- 5) Radha stands for longing and Krishna stands for love. There cannot be 'love' without 'longing' nor 'longing' without 'love'.
- 6) Thus in ancient time our Rishi's made a rite that: **A daughter in law and mother in law for the better sake cannot stay together in the month of "Ashadh/Shravan". To bring longing between them and to keep up their love was the reason behind this ritual.** One has to give space to each other to keep up longing in love.
- 7) A devotee is always engaged in his own mood, he does not worry about what people will think about him. He becomes shameless in love but with awareness.
- 8) A shy personality has always fear in him. Fear of **WHAT PEOPLE WILL TALK ABOUT ME!!**
- 9) ***There can be different thought-process between wise man, but there can be only one thought between too many devotees.***
- 10) We have 18 acharyas in our scripture having the same thought between them. Ex: Four Kumaras, Vyasa, Śuka, Sandilya, Garga, Vishnu, Kaundilya, Sesha, Uddhava, Aruni, Bali, Hanuman and Vibhishana.
- 11) Thus in the last sutra Narad Maharshi says: Whatever knowledge has come from me is not by me in real, it was "Shiva Tatva" that brought wisdom in the form of words to me. It is divine speaking through me.

12) Thus Narad Maharshi says: One who keeps trust in divine surely becomes “Bhaktivan”. They cross ocean like life effortlessly.

The Blissful End

Jay Gurudev

From: [Knowledge Sessions \[Discourse by H.H.Sri Sri Ravishankarji\]](#)

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An Introduction to Sri Sri Ravi Shankar

Sri Sri Ravi Shankar is humanitarian leader, spiritual teacher and ambassador of peace. His vision of a [stress-free](#), violence-free society has united millions of people the world over through service projects and the courses of The Art of Living.

The Beginning

Born in 1956 in Southern India, Sri Sri Ravi Shankar was a gifted child. By the age of four, he was able to recite parts of the Bhagavad Gita, an ancient Sanskrit scripture and was often found in [meditation](#). His first teacher was Sudhakar Chaturvedi, who had had a long cooperation with Mahatma Gandhi. By the age of seventeen, in 1973, he had graduated with degrees in, both, Vedic literature and physics.

Founding The Art of Living and The IAHV

Sri Sri Ravi Shankar entered a ten-day period of silence in Shimoga located in the Indian state of Karnataka. The [Sudarshan Kriya](#), a powerful breathing technique, was born. With time, the [Sudarshan Kriya](#) became the center-piece of the Art of Living courses.

Sri Sri Ravi Shankar founded The Art of Living as an international, non-profit, educational and humanitarian organization. Its educational and self-development programs offer powerful tools to eliminate stress and foster a sense of well-being. Appealing not only to a specific population, these practices have proven effective globally and at all levels of society.

In 1997, he co-founded the [International Association for Human Values \(IAHV\)](#) to coordinate sustainable development projects, nurture human values and coordinate conflict resolution in association with The Art of Living. In India, Africa and South America, the two sister organizations' volunteers are spearheading sustainable growth in rural communities, and have already reached out to 40,212 villages.

Inspiring Service and Globalizing Wisdom

A noted humanitarian leader, Sri Sri Ravi Shankar's programs have provided assistance to people from a wide range of backgrounds – victims of natural disasters, survivors of terror attacks and war, children from marginalized populations and communities in conflict, among others. The strength of his message has inspired a wave of service based on spirituality through a huge body of volunteers, who are driving these projects forward in critical areas around the globe.

As a spiritual teacher, Sri Sri Ravi Shankar has rekindled the traditions of [yoga](#) and [meditation](#) and offered them in a form that is relevant to the 21st century. Beyond reviving ancient wisdom, Sri Sri Ravi Shankar has created new techniques for personal and social transformation. These include the Sudarshan Kriya® which has helped millions of people to find relief from stress and discover inner reservoirs of energy and peace in daily life. In a mere 30 years, his programs have raised the quality of life for participants in [151 countries](#).

A Figure of Peace

As an ambassador of peace, Sri Sri Ravi Shankar plays a key role in conflict resolution and spreads his vision of non-violence at public forums and gatherings world-wide. Regarded as a neutral figure with a sole agenda of [peace](#), he represents hope to people in conflict. He has received particular credit for bringing opposing parties to the negotiating table in Iraq, the Ivory Coast, Kashmir and Bihar. He was appointed the Chairman of Reception Committee for the 500th anniversary celebrations of the Coronation of Krishnadevaraya (by Government of Karnataka, India). Sri Sri Ravi Shankar is also a member of the Amarnath Shrine Board (appointed by Government of Jammu and Kashmir, India).

Through his initiatives and addresses, Sri Sri Ravi Shankar has consistently emphasized the need for reinforcing human values and recognizing humanity as our highest identity. Fostering interfaith harmony and calling for multi-cultural education as the remedy for fanaticism are significant parts of his efforts to achieve sustainable peace on our planet.

His work has touched the lives of millions of people around the world, going beyond the barriers of race, nationality and religion with the message of a "one-world family"; that inner and outer peace are possible; and that a [stress-free](#), violence-free society can be created through service and the reawakening of human values.

Summary key points from discourse of Narad Bhakti Sutras by H.H. Sri Sri
Ravishankarji – 12 video sessions covered
